BRUSHES IN THE HOME

Where There Is No Vacuum Cleaner a Small Brush Is Indispensable—Brushes, Too, for Sinks, Silver, Basins, Rinsing, Pastry. Etc., Are Gaining in Favor.

Although some of the length. reater number come within the vacuum cleaner.

y can be had for almost every

tubbling brushes that, in place the usual bristles, have broom straws. that eliminates stooping and porcelain or enamelled surface. long handle, and is not unlike a in general appearance. It in shape, with a long handle, which

The conveniently shaped handle makes it sally useful. The bristles are firmly

durably woven into the double strands

PASTRY BRUSH A REAL COMFORT

Before leaving the kitchen we must not forget to touch upon the pastry brush which is gradually coming into general use among careful housekeepers and cooks. It can best be described as a small, flat brush of the paint brush variety, with soft bristles held tightly in

A brush which shed its bristles readily would of course, cause untold annoyance. As its name implies, it is for greasing pastry tins and plates, though it can also be used for griddles, cake tins and waffe irons. The butter or lard used should first be warmed slightly.

Special silver and cut glass brushes are manufactured to-day. By reaching the dirt in the chased portions of the wiver and deep depressions of the glass and removing the same they clean much more thoroughly than flannel.

FOR WALLS AND CEILINGS.

A brush of some sort for dusting walls and ceilings ought to come into frequent play in the well kept home. Some housewives prefer to use the ordinary broom We better, but the wool brush shown in the illustration seems to combine the best features of all. To begin with, it is soft-fibred, and thus tends to attract and hold the dirt, rather than scattering it thief argument in its favor-it can be unscrewed from its long handle, washed,

dried and made as good as new. RADIATOR BRUSH WORKS WELL. The radiator brush is a valuable mem-ber of the brush family. Without it it is

extremely hard to properly remove dust

Superfluous Hair

Does Its Work-

Then Evaporates possible for any curious per-ow that you have used a hair when you use De Miracle, be-evaporates immediately after when you use De Miracle, be-evaperates immediately after shing its work, therefore leaves

The Hair Remover You Must Eventually Use

Because De Miracle is the only de-pliatory that contains certain ingredi-ents which give it the power to rob-hair of its vitality. Avoid permanent disfigurement by refusing substitutes. If your dealer will not supply you, send \$1.00 direct.

De Miracle Chemical Co., New York

J. & J. W. WILLIAMS CARPET CLEANING

groved appliances with which the house- tions, while with its help the radiator may do her appointed tasks more be thoroughly dusted in a very few mineffectively than ever before, utes. The brush is about two feet long, with a narrow row of single bristle tufts are complicated and costly of the baseboard and similar wood trim f reach of many homes, fortu- it is also useful when one is minus a

SWEEPER CLEANER LOOKS SAVAGE.

atively new device. Strictly speaking, it household operation that can is only partly a brush, for the wire teeth For various reasons, good which are used to distodge bairs, thread, an be highly recommended for and other obstinate material from the ds of work. In that they reach carpet sweeper brush are quite an imporand otherwise inaccessible tant part of the outfit. The small brush while not sweeper after the loose dirt has first been nt in their favor is the fact emptied. The appliance is well worth the ep the worker's hands im- modest sum asked for it-25 cents

FURNITURE BRUSHES.

The best kind of brush obtain- | factured with the same end in view-to invariably soft in texture that no harm-

possible long handle and slightly curved brush to The bristles are purposely soft and can be used with impunity upon the choices

The disagreeable task of cleansing the tollet basin is, to a great extent, lessened by the use of the toilet brush. It may be described as consisting of a substantial tiguous brushes of the type of the refrig- water, to which a little ammonia has been erator brush. Provision is made for added, makes a good cleanser. Water of over the end of the axis.

paper, which is washed through the pipe tached to the end of the handle or by a

brushes. Those which have to be wet in another household help .



"JUST HOW TO COOK" TOUGH MEATS

A SERIES OF "JUST HOW TO COOK"
ARTICLES WILL APPEAR IN THIS DEPARTMENT FOR SEVERAL WEEKS.
THESE ARTICLES WILL COVER THE
SUBJECTS OF COST AN COOKING AND
NUTRITION.

SUIT by using them as food.
The following recipes are e
serve six people:
ENGLISH BAKED MEAT.

LETTERS FROM READERS WITH FUR. THER SUGGESTIONS FOR COOKING AND BUYING WILL BE PUBLISHED ON THIS PAGE.

cheaper tough cuts aroused by the way licious as the more expensive cuts. It is round steak this dish will cost 25 cents. Peppers Stuffed with Meat for mixing the of cooking, because some of the fat and a mistake to despise them. As shown in Cut the meat into dice. Beat the egg the table given below, there is little dif- well, add the milk to it and the sauce ference in the body building materials. Pour this mixture slowly upon the flour-contained in the various curs. The flank, beating until light and smooth. Greace this is more or less of an unsatisfactory the chuck, the neck, the round, the pormakeshift. The many bristle brushes and terhouse and the ribs are all more or less it well with sait and pepper and pour dry mops that are sold for the purpose alike in food values. The difference in the first mixture over it. Bake one hour the composition of the cuts is mainly in a moderate oven. Serve hot. in the fat each contains, and consequent- PEPPERS STUFFED WITH MEAT, ly in their fuel value.

No less an authority than Uncle Sain himself in one of his agricultural reabout Again-and this constitutes the ports gives the following table containing the composition and full value of

Fresh		-Per	cent-		-	*Fuel value per
	Refuse.	Water.			Ash.	pound.
Chuck rit		52.6	15.5			910
Flank		54.0	17.6			1.100
			16.1	17.5		
Loin	40.0	020	#750.A	47.00	(90)	
Parterhou	*11.7	50.4	19.1	17.9	0.8	T.100
steak	min did d	54.0	16.5	16.1		971
Sirloin ste	H.K. 12-5	45.5	14.5	11.9	0.7	1,165
Neck	24 - 24 9		13.9	21.2		1,13
Ribs	20.8	43.8	19.3	16.7		1.055
Rib rolls		63.5	19.0	12.8		850
Round		60.7	13.8	20.3	0.7	
Rump	-A-1 201.7	45.0		7.3		
Shank (fo	re) 36.9	40.9	12.8	8:149	W-19	47.84
clod	and 16.4	56.8	16.4	9.8	0.9	
Forequart	er 18.7	49.1	14.5	17.5	0.7	
Hindquar	er 15.7	50.4	15.4	18.3		1.045
Corned be	ef. 8.4	49.2	14.3	23.5	4.6	1,24
*Calorie	š.					

It is estimated that a man at light o pound of protein a day and 3,000 calories peppers closely in baking dish, pour in

(transferred to mechanical power) to raise one ton 1.54 feet or raise one pound of water 4 degrees Fahrenheit.

hour. Serve hot with brown sauce.

BROWN SAUCE.—Brown two table-spoonfuls of butter, stir into it three taof water 4 degrees Fahrenheit.

It is the aim of all housekeepers these days to cut down the butcher's bills. Though porterhouse steaks and lamb chops are attractive to every one and easily prepared, they are not as nutritious as some of the tougher cuts of beef and mutton.

As steaks and chops are the muscles of the loin and ribs of an animal, they get but little exercise and are more tender than the muscles of the fore and hind quarters. These tougher muscles, because their fibres are hardefied by exercise, are less popular as foods than the tender cuts, but, on the other nand. tough meats to be supplied with more the meat with boiling water, to which drippings and then add kidney and cook ance from the blending of fat and lean,

PAGE.

Probably the average buyer of meat has One cupful of flour.
One-half teaspoonful salt and little pepper.

Total

35 CENTS.

Cook the plece of chuck steak slowly in the milk slowly, add the whites of the for several hours in enough hot water to cover it, having a little salt in the water. When the meat is cooked save this water carefully, as it is the stock to be used it preparation of the peppers. Cut the tops off the peppers and carefully remove the seams and seeds. Put the cooked meat through a meat grinder, or chop it, and measure out two cupfuls of the meat. Mix with the meat half a cupful of bread crumbs, a few drops of onion juice and one tablespoonful of melted butter, salt and pepper to season. Moisten with some of the stock from the meat and fill moderate muscular work needs about .23 the peppers with the mixture. Place the enough stock to cover the bottom of the of energy a day.

One calory of heat is enough heat dish, cover the dish and bake for half an hour. Serve hot with brown sauce.

Cents.

blespoonfuls of flour, one-quarter of a teaspoonful of sait and a little pepper. Add slowly one cupful of stock, stirring continually until sauce is smooth and glossy. If not sufficiently brown, a few drops of kitchen bouquet may be added.

BRAISED MUTTON WITH BROWN SAUCE, 37 CENTS.

blood, and for this reason the dictitians add half a teaspoon of salt and simmer until it is slightly brown. claim that greater nourishment is the te- slowly until the meat is tender. It is best liquor, simmer until well blended, adding to cook the meat the day before it is to Worcestershire sauce, kitchen bouquet,

The following recipes are estimated to be used. The next day remove the fat pepper and sait. Stir flour smooth with a serve six people: ENGLISH BAKED MEAT, 34 CENTS. and sprinkle the meat with salt slow cooking is Economical. stock and sprinkle the meat with salt Cents a small amount of the mutton fat in a All fough meats are not only made

.005 which meat was cooked. 34 ful of stock, three tablespoonfuls of but- gravy and are taken into the human sysbeen cooked in the way best suited to If one pound of shoulder mutton at 15 ter, a little pepper, one-half a teaspoonful tem with it.

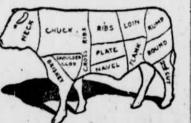
MOCK TERRAPIN, 32 CENTS.

One cup tich milk

Two tablespoonfuls flour, one-half
teaspoonful salt, few grains cayenne, one-quarter teaspoonful mace
and one-quarter teaspoonful cloves.

Three tablespoonfuls sherry wine....

Cook the liver until it is tender in holling salted water to cover, then put it through the meat grinder, measuring out two cupfuls. Melt the butter in a saucepan or chafing dish, add the liver, flour and seasonings and mix it all well. Stir-



eggs, which have been finely chopped, and the yolks mixed with some of the milk. Let the mixture boil and then stir

One beef kidney. Four tablespoonfuls butter and drip-05 pings
One-quarter teaspoonful mustard, sait,
pepper, one onion, two teaspoonfuls
Worcestershire sauce, few drops kitchen bouquet and four tablespoonfuls butter

of frying pan and brown the pieces of meat possible to the palate by slow cooking. in it. Arrange on a platter and pour over but this is the most economical mode of them brown sauce made with stock in cooking, because there is no loss from one which meat was cooked. BROWN SAUCE.-One and a half cup- are drawn from the meat go into the

> an excellent authority that from 3 to 2 per cent of the food and fuel material Cents, the meat is lost in broiling. There is also fat and juice drips into the dripping pan beneath the roast, gravy can be prepared from them, which, of course, is not the case in broiling:

> > HARD TO PRESERVE THE JUICES. Except for soup stock, meat should be ooked in a way to preserve its juices. In the first few minutes of cooking, it should be subjected to a temperature higher than the boiling point so that a crust will form and keep in the juices Then the temperature should be lowered to the simmering point, at which point the meat should remain until done.

SEAR IN FAT. It is a good plan to let the first searing

e done in piping hot fat, so that a crackling crust will form over it and lend a delicious flavor to the meat, as well as a protective coating that will keep in the uices. In roasting and broiling, the same principle is followed. The meat is put into an extremely hot oven or close to the flames and seared all over, after which the oven temperature is lowered or the meat, as the case may be, is lifted from close proximity to the flames in broiling.

MARKETING. In marketing, remember that the shops

which pay a low rent can often sell meat to the consumer at a lower price.

The meat prices quoted here were ob-

tained this month from markets and butcher shops of this city. Special care should always be taken in the seasoning 02 of meat dishes. The meat of young animals is more tender, but at the same time less nutritious, than that from ani-Cut up the kidney in small pieces, soak mals of mature growth. Beef and mutit in salt and water overnight, or for ton, the oldtime standard meats, are al-five or six hours. Pour off the water and ways in season. Lamb is at its best in Cents wash the kidney carefully. Put kidney the summer and fall, veal in the spring in frying pan, with enough cold water to and early summer, while pork is most cover, simmer for ten or fifteen minutes suitable for the colder months, though or long enough to cook kidney. Strain bacon and ham are all-the-year foods.

The best beef is the flesh of the steer Remove the skin and fat from the meat tard with butter and drippings and heat about four years old. It should be bright and cut it in pieces for serving. Cover in frying pan, Grate an onion, add to red in color, firm and marbled in appearMOVING DAY PLANS

If They Are Carefully Laid Some Time In Advance, the Preparation for Flitting Need Have No Terrors-Plenty of Barrels and Excelsior Will Be Required.

October 1, great rival of May 1 as the or into barrels. These are easier to handle popular flitting day, is close at hand, and and there is not so much danger of their it behooves the housewife who is planning being dropped and bursting open as there to move to think out her plan of cam- is of larger cases. Wrap each book in

The labor and discomfort of moving house may be greatly lessened by preparing for the packing beforehand and gested for breakables, surrounding with going about the work methodically when

STOCK OF BARRELS NEEDED.

A stock of barrels should be provided, with paper and cover with more when also plenty of small packing cases in preference to fewer large ones; excelsior. securing the top, unless one is very care old newspapers and strong cord.

China, bric-à-brae and all fragile articles carry best in harrels. To pack them, cover the bottom of the barrel with about ters should be tied together and attached four inches of excelsior. Wrap each article separately in newspaper. Lay in the legs of chairs, tables, etc., with paper larger articles first a couple of inches or and tie with cord. It is the better plan to so apart and fill in the space with more excelsior. Stack plates and platters together and stand them in the barrel on Nest cups and saucers, also any other dishes that will pack into each appears as one solid article. Press excelfor into every crevice. Pack dishes an excelsion in alternate layers and shake

Exectsion about five inches deep should be at the top of the barrel. Before the burlap is put on a hoop should taken off the barrel and replaced to keep the burlan firm. It will be well to label such bar

way, but extra hed clothing, pillows and down cushions make even safer packing material than the excelsior and paper Any valuable pieces of breakable war sonal clothing. It should, however, be

TO PACK PICTURES SAFELY.

Large pictures should be placed face to blanket or comfortable between, and may be protected by a crate fashioned from a few boards. Smaller pictures may be packed in bureau drawers between clothing. Mirrors are usually crated if going any distance. Otherwise they may be Books are very heavy, so for this reason they should go into small packing cases

animal has not been too rapidly fattened.

engage a professional to attend to the

Lamps, kitchenware and all kitcher utensils should go into barrels. Crushed newspaper makes good packing material for these articles.

paper and then tie together six or eigh

excelsior and soft paper.

books as near one size as possible. Tie

If the books are packed in cases the

edges should be placed at the sides of the

box, the bindings inward. Line the box

filled. Screws are better than nails for

Any removable parts of furniture, as

mirrors, etc., should be taken off, and cas-

ful to hammer the nails straight in.

Daily Bill of Fare.

BREAKFAST-Prunes, catmeal, shirred ggs, rolls, coffee

LUNCHEON-Croquettes of veal and ice, salad of lettuce and cucumbers, cin-DINNER-Veal soup, fried blackfish,

maitre d'hôtel butter, peppers with sweet potato stuffing, beets, tomato salad hocolate, custard, coffee. THE LUNCHEON CROQUETTES-MIX

together a cupful each of boiled rice and minced veal. Add two tablespoonfuls of chopped mushrooms if you have them, three-quarters of a cupful of white sauce and one beaten egg. Cook it for five minutes and then let it become cold, when it be stiff and jellied. Form the mixt ure into croquettes. Dip them into beaten egg and then into dried and sifted breadcrumbs, and fry in fat or lard. CINNAMON ROLLS-These are quite

different from the cinnamon buns sold in bakeshops. Prepare a plain roll dough ecording to a reliable recipe. Cut it into rolls, and just before folding brush the top surface of each with a mixture of butter, sugar and cinnamon, in about equal quantities. Then, after folding brush them again with the same mixture Let them rise and bake them in a brisk

PEPPERS STUFFED WITH SWEET POTATOES-Have ready as many pepper ups as there are persons to serve, and enough hot, mashed sweet potatoes to fill these cups. One sweet potato o a cup is usually sufficient, though of course the amount needed is usually determined according to the size of both the peppers and the potatoes. Season the potatoes well with salt, pepper and a little onlon juice, and mosten the whole with creamy milk or real cream until it becomes a thick cream paste. If creamy milk is sed it is well to add a little butter After filling the pepper cups, put them into a baking pan, with a little water around them to prevent sticking. When which shows even feeding, and that the baked until tender, serve hot.

TULLE TRIMMING.

In the best beef, too, there is a fair Black tuile, jewelled and embroidered in peacock feather colors and designs, is proportion of creamy white fat next the a novel and effective trimming for hat or TO BE CONTINUED NEXT SUNDAY. | gown.

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It is, if it is a Warner's Rust-Proof.

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are designed on hygienic principles-and every style is given exhaustive tests on living models to insure the healthful support so necessary for comfort. Select your Warner Corset, laced back or front as you prefer, to suit your figure.

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EVERY PAIR GUARANTEED Not to Rust, Break or Tear.

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